



GF&RD

the Gilbert Fire and Rescue Department

VOLUNTEERS

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May 2015

Kim's Corner

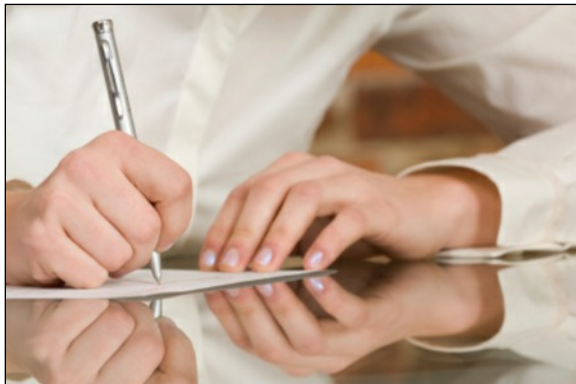
By Kim Yonda
Gilbert Fire & Rescue Department
Volunteer Coordinator

“Spring forward,” is something we commonly hear this time of year. I am thrilled to say that our Volunteers didn't just spring forward, they jumped!

Several activities and events have been planned for the remainder of the year. These are events you will want to participate in, and share your time with. So grab a pen, grab your calendar, and be ready to save the dates! For

details on any of the events, please join us at our Citizen Corps Operations Meeting later this month.

We celebrate and embrace birthdays every year. We appreciate the feedback many of you have shared about the glee you experienced when you received a birthday card from the program. We have a special little birdie who shares her time handwriting each of the



birthday cards that wish you a year of happiness on your day. Many thanks go to Katharine Keller. She holds dear to her heart the true meaning and value of a handwritten note. Thank you Katharine!

Much appreciation goes to all of our Volunteers for being Awesome Every Day! Be sure to log into your online account with Samaritan, and look for a plethora of summertime Volunteer opportunities!

Remember that the smile you share with someone today may just make their day!

Cook & Ladder

Very Easy Chicken Pot Pie

- 2 Cups frozen (thawed) OR left- over mixed vegetables from your fridge
- 1 Cup cooked, cut up, leftover OR rotisserie chicken or turkey
- 1 ten & $\frac{3}{4}$ ounce can of condensed cream soup (chicken is good)
- $\frac{1}{2}$ cup milk
- 1 Cup Original Bisquick mix
- 1 egg
- $\frac{1}{2}$ tsp Oregano, OR basil, OR thyme, OR dill

Pre-heat the oven to 400 degrees.

Mix the vegetables, chicken, and soup together in an ungreased nine inch pie pan.

Mix the remaining ingredients well in another bowl, and then pour it all into the ingredients already in the pie pan.

Bake it uncovered about thirty minutes, or until it is toasty brown.



Many A True Word Is Spoken

“Life is too short for self-hatred and celery sticks.”

~ Marilyn Wann



Great New App for Health Conscious Volunteers

Since I have started taking better care of my health as I age, I have discovered a new application for my phone. It is called Pedometer for Android phones. It's a free app and does everything and more than I need it to do. Besides tracking how many miles you walk, it will track the calories used, how many minutes you walked, and the speed. It will also track your daily, weekly and monthly miles and all the rest mentioned above. For health purposes I love this app as it gives me incentive to keep going once I see how many miles I've done in one week. It allows me to aim for more miles and more calories to use. Try it!

Suggested by Diane Howard
GF&RD Volunteer
Source: Play.Google.com

A Little Laugh

A new father brought his new-born child to church. Because he also had his toddler with him, he sat the baby with an elderly man, and the baby began to cry and fidget. "Wow, the man said, this baby is really spoiled, isn't he?" "No," replied the dad, "They all smell like this."

And For The Small Fry

Q. What do you call a bear without an ear?
A. A "b".



Awareness Week

By Diana Erickson
GF&RD Volunteer

National CPR and AED Awareness week is June 1, through June 7. This week focuses on how lives can be saved when more Americans know how to do CPR, and who also know how to use an Automated External Defibrillator (AED).

On December 1, 2007, Congress passed a resolution to set aside this week each year as National CPR and AED Awareness week. As part of this declaration, Congress asked states and municipalities to make AEDs more assessable. They are also to host events, and distribute educational information on the importance of being trained in CPR, and AED use.

Gilbert Fire and Rescue offers training in CPR, AED, and CCCPR.

You've Been Spotted

Thank you for doing something great!

Jeremy Berini



Judy Slack

You are appreciated!

When First To A Scene

By Matt Dirks
GF&RD Volunteer

On a typical weekday evening I was driving the kids home from soccer practice. I was near the Apple plant at Signal Butte and Elliot when I noticed what appeared to be smoke coming from the bottom of the wall protecting the plant. As we passed, my daughter said, "Dad, that's a car, it's on fire!" We went up to the light, turned around, and went back to see if there was anything we could do to help. At the time, there was one additional car on the side of the road.



Photo: Uberto; Flickr.com

Upon returning to the scene we discovered that the driver of the car was in a lot of pain. One bystander was already on the phone to 911, and the driver was trying to crawl out of the car. We checked and found out that the 'smoke' was actually steam and so there was no urgency to get the driver out. The driver had half pulled himself out of the car so I reached down to support him. He passed out multiple times before fire arrived.

The car was apparently traveling west bound, went airborne over the median, crossed on-coming traffic, jumped the curb and then collided with the wall. The driver did not appear to be wearing a seat belt and had at least a broken leg and a contusion on his forehead.

It is amazing how adrenaline kicks in when you arrive on a scene. You want to help, but you aren't sure what to do. I think during this incident there were some things that I did correctly and others that could be improved on. On the positive side, I did make sure 911 was contacted, confirmed there was no fire, didn't move the driver, and did what I could to comfort the injured party. On the other hand, I was not wearing gloves (there was a pair of work gloves sitting on the floor of my van), I didn't collect any information, and I didn't let fire/police know I was with CERT. The gloves turned out to be a big deal. When I was holding the driver up, I realized he had glass on his back and blood on his face.

Lessons learned: I think the two big take a ways I have from this experience are: always have gloves handy just in case you are first on a scene, and if you help out at a scene you should collect and record basic information for your own peace of mind.

Reviewing CERT

By Johnna Switzer
GF&RD Volunteer

Several people were curious about the triage scenarios that were done at The Event. For the next four newsletters I will present four scenarios. To participate you will determine whether the patients should be triaged as:

Minor (walking wounded & generally ambulatory.)

Delayed (injuries do not jeopardize the person's life. May require professional care, but treatment can be delayed.)

Immediate (life-threatening injuries that need immediate attention to save person's life.)

Dead (no respirations after two attempts to open airway.)

The answers will be given below the scenarios but try not to look until you have made your own determination.

1. Both legs are deformed; breathing once every second; color returns to finger tips in three seconds; not responsive to questions.
2. Compound fracture, right forearm; breathing once every 3 seconds; color returns to finger tips in less than 2 seconds; responds to verbal commands.
3. Severe cut on right thigh; heavy bleeding; knows name, date, and what happened; color returns to finger tips in 3 seconds; breathing once every 5 seconds.
4. Numerous cuts & abrasions; responds to verbal commands; color returns to finger tips in 1 second; breathing once every 3 seconds.

Answers (taken from CERT Competitive Event Exercise #1):

1. Immediate—treat for shock & monitor airway. This patient is breathing 60 times per minute & normal respirations are 12-20 per minute. Assess frequently, this patient may not survive. Remember, no CPR.
2. Minor—splint arm—respirations are 20 per minute & capillary refill is within normal limits. Move to holding area.
3. Immediate—control bleeding (pressure, elevation, pressure point); respirations are 12 per minute and capillary refill is slightly prolonged due to loss of blood. Treat for shock.
4. Minor—Alert; capillary refill normal; respirations 20. Move to holding area.

Always remember that you always should continue to reassess patients because their condition can change for the better or worse at any time.

More next month!

Welcome
New GF&RD Volunteer
Kaity Broadbent



GF&RD Photo

As some of you know, I have been nominated for The Hero Dog Awards in the arson dog category. Voting is still going on until May 15, at www.herodogawards.org. Please remember to vote for me. I know it's my job, but I hope to make Gilbert Fire & Rescue famous in the hero dog world!! Thanks to everyone who has been voting for me too!!

Love, Spring

Applause! Applause! Applause!

Around of applause goes to Ira Goode for coordinating the opportunity for Gilbert Fire & Rescue to provide a presentation to Seville's Tuesday's Lunch Group.

Chief Jobusch provided an informative overview of the department, while Deputy Chief Connor shared a wealth of Community Awareness information. Kim Yonda spoke about the amazing work our Volunteers do in the community, and she encouraged residents to join the team. David Zehring and Spring concluded the presentation, and they were the highlight of the day! Thank you Ira for providing us this opportunity to be involved with the community.

COMING UP

MAY

2 CERT Team Photograph	12:00 PM	9/11 Memorial	CERT
2 COM Team Photograph	12:30 PM	9/11 Memorial	COM 251
2 Fire Corps Team Photograph	12:45 PM	9/11 Memorial	Fire Corps
13 Operations Team CoA	6:00 PM	Room 2	Δ
16 Water Safety Day Event	9:30 AM - 2:00 PM	Mesquite Pool	CERT/FC
18 CCC CPR	9:00 - 10:30 AM	Room 6	Open To Public
27 Advanced Storm Spotters	7:00 - 9:00 PM	Amphitheater	Open To Public

JUNE

6 CCC CPR	9:00 - 10:30 AM	Room 6	Open To Public
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Fire Administration Will Be Closed
May 25th
Memorial Day



Δ Open to CERT, FC, and VIPS Volunteers

Gilbert Fire and Rescue Department Volunteers register on line.

All others

Register with Kim Yonda @ 480-503-6325 or kim.yonda-lead@gilbertaz.gov